



#### MISSION STATEMENT

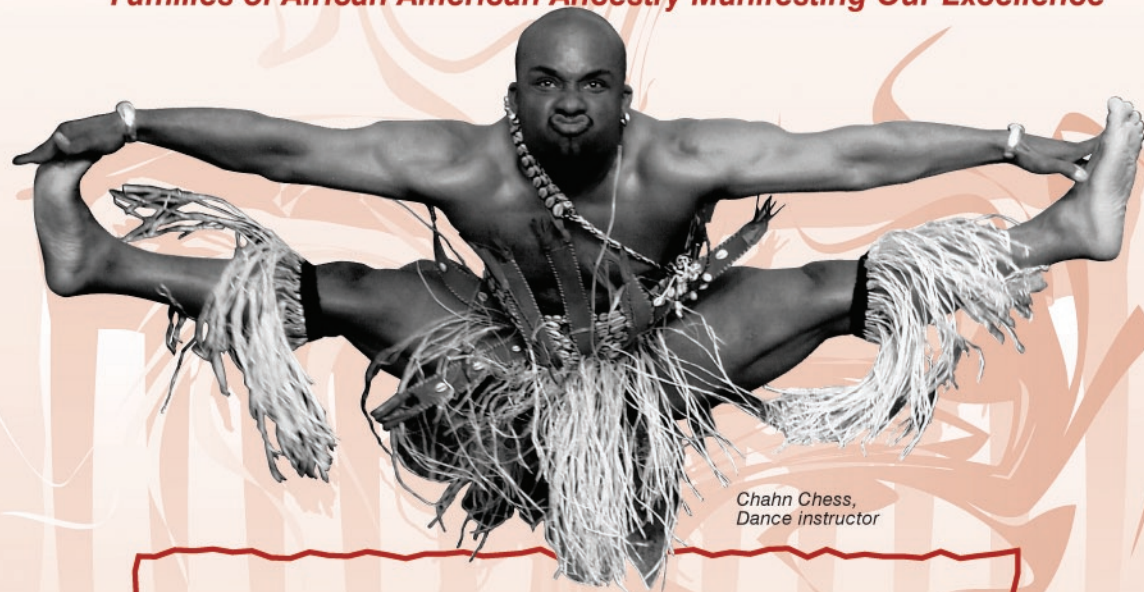
"The FAME Project seeks to improve the health of African-Americans in San Bernardino County through African dance and nutrition awareness."

# FAME

Nutrition & African Dance:  
Synthesizing Health In A  
Whole New Way

Winter 2004

Families of African American Ancestry Manifesting Our Excellence



Chahn Chess,  
Dance instructor

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## If You Can Walk You Can Dance!

*D*ance continues to be the physical activity of choice for local parents, adults, children and youth.

Classes continue with great enthusiasm after a short summer break. FAME resumed in September with two Adult and Family classes each week and one youth class at the Big Horn Community Kid's Club in Barstow! FAME plans to offer the Adult and Family classes through June of 2004 and will be visiting different community sites or classrooms each quarter.

Bring your family to the Tuesday or Thursday evening class for a night of culture, community, food and fun! It's a warm, family environment with activities for children, youth and adults...so you don't need a babysitter. Classes are FREE of charge...so you don't need to pay anything. Sweats and a t-shirt is the perfect outfit...so you don't need special clothing or equipment. An African proverb states: If you can walk you can dance; if you can talk you can sing! So, you don't need any special skill or talent! All you need is a willing and teachable spirit. So no more excuses!

*Join us for the experience  
of a lifetime!  
You won't regret it!  
See you in class!*

*You don't have to be left out!*



## FAME Class Schedule:

<b>Tuesday</b> (January to March 2004) 4:30 pm to 5:30 pm	<b>Top Flight E.S.O. Inc.</b> <b>Johnson Hall kids Club/Teen Center</b> 906 Wilson Street, San Bernardino (909) 885-7367
<b>Tuesday</b> (September to June 2004) 7:00 pm to 8:30 pm	<b>Arts on 5th</b> <b>Cal State University San Bernardino</b> <b>Coyote Conservatory</b> 468 5th Street, San Bernardino (909) 384-9430
<b>Thursday</b> (January to March 2004) 4:30 pm to 5:30 pm	<b>Top Flight E.S.O. Inc.</b> <b>Waterman Gardens</b> 402 Alder Street, San Bernardino (909) 884-7717
<b>Thursday</b> (September to June 2004) 6:30 pm to 8:00 pm	<b>New Hope Family Life Center</b> 1505 North Highland Ave., San Bernardino (909) 889-5180



# Look What We've Done: 2003 Accomplishments

- Conducted weekly FAME classes at Waterman Gardens, Delmann Heights, Coyote Conservatory and Johnson Hall
- Shared our FAME Harvest Dance/Nutrition education with Assemblyman John Longville
- Performed in the National Orange Show at the African Heritage Village
- Developed FAME flyers and newsletters
- Created FAME logos and polled sites to have youth/adults vote for their favorite; (*special thanks to Sonja Hall for drafting a variety of logos that helped in the design process!*)
- Performed the Harvest Dance at the CSUSB Variety Show
- Participated in the Ludie Taylor Open Track Meet at the Delmann Heights Community Center
- Prepared three FAME recipes for the KCSB Channel 3 "What's Cooking Talk Show"
- Participated in the Temple Missionary Baptist Church Block Party
- Started filming for the FAME Harvest Dance/Nutrition education video
- Presented at the HIV Youth Summit as a physical activity break
- Hosted a float decorating party in the CSUSB Coyote Conservatory Parking lot and participated in the City of San Bernardino's Fourth of July Parade. We were awarded 2nd place!
- Presented the FAME Project at the California Nutrition Network Social Marketing Conference in Sacramento
- Presented the FAME Project to members of the Center for Health and Activities that Nurture Growth and Endurance (C.H.A.N.G.E) in Oakland



## Drum roll, please...

And the winner for the 2003 CANFit Melida Manjarrez and Distinguished Community Service Award is....Chahn Chess!

This award is in recognition for outstanding work in the community to improve the nutrition and physical activity status of youth of color.

Thank you for your hard work, and commitment to our youth.

**Congratulations Chahn!**



## You Win Some, You Lose Some...

Donna Marino (lovingly called the "African Lady") has left the Child Health & Disability Program and FAME Project to continue her work with children and youth at the Arrowhead Regional Medical Center.

We'll miss you Donna, and we wish you all the best!

**P.S. Come and visit us...real soon!**

# Fame Photo Album City of San Bernardino Fourth of July Parade

*Theme: America the Beautiful*

*In the beginning,  
there was a flat bed  
truck, and a dream...*



With some hard work, cooperation and lots of imagination, the FAME float: *America's Royal Garden* came alive! And so did we (after a good night's sleep) at 7:00 am on Friday, July 4, 2003! You could feel the excitement and energy as we rehearsed one last time and posed for a few pictures with our king and queen...





# Fame Photo Album

CONTINUED

Then off we went! Dancing through the streets of downtown San Bernardino, waving to the crowds, passing out "goodie bags" and shouting **"EAT 5 A DAY AND BE ACTIVE THE FAME WAY!"**



## San Bernardino National Orange Show African Heritage Village

If you look closely, you will see our bountiful harvest of collard greens and carrots and tomatoes and cabbage...in motion!



# When the Heart Overflows, it comes out through the mouth.

~ Ethiopian Proverb

Our first year of FAME was a great success, and we have you to thank! We couldn't have done it without the support of our partners and friends. Each of you has contributed so much in your own unique way; we just can't thank you enough.

Thank you! Thank you! Thank you!

Love, Bronica, Chahn, Donna and Teslyn

## Advisory Council Members

Robin Allen  
*American Heart Association*  
Ellen Estalai  
*Arts Council of San Bernardino County*  
Cherry Houston  
*African American Health Initiative*  
Melodee Lopez  
*5-A-Day Power play*  
Faaron Roberts  
*Phenix Bookstore and Cultural Center*  
James Ruester  
*San Bernardino City Cultural and International Affairs*  
Mary Saxon-Hobbs  
*National Council of Negro Women*  
Jeanne Silberstein  
*SBC Department of Public Health*  
Carolyn Tillman  
*SBC Superintendent of Schools*  
Sandra Waters  
*Inland Empire Black Nurses Association*  
Sonja Hall  
Peter and Roxanne Abilagu

## The Press

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Eliz Dowdy  
*Precinct Reporter Newspaper*  
Mark Petix  
*Press Enterprise Newspaper*  
Annette Wells  
*The Sun Newspaper*  
Wallace Allen  
*Westside Story Newspaper*  
Van Howard  
*Photographer*

## Community Sites/Partners

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*Top Flight E.S.O. Inc.*  
Johnson Hall Staff  
Charles McGee  
Waterman Gardens Staff  
Tria Menefield  
Jamaal Gray  
Andy Brown  
*SBC Parks and Recreation*  
Delmann Heights Staff  
Keitha Brooks  
Carolyn Martin  
James White  
*Cal State University San Bernardino Coyote Conservatory*  
Coyote Conservatory FAME Family  
(you know who you are!)  
Marcus "Mookie" Wilkerson  
DJ  
Bob Wells  
Warren Nelson  
*Big Z Auto Works*  
Glenda Martin-Robinson  
Tracy Burnette  
*SBC Parks and Recreation "What's Cooking" Talk Show*

## Grant Funders/State Staff

Linda Cowling  
*Department of Health Services, WIC*  
Gail Woodward-Lopez  
*University of California, Berkeley*  
Yolanda Bercerra-Jones  
*University of California, Berkeley*

## Assemblymember

John Longville  
62<sup>nd</sup> District





# Upcoming Events

## Sacramento Here We Come!

### FAME received an invitation

from Assemblymember John Longville and the Black Caucus of Legislators to perform on the assembly floor in celebration of Dr. Martin Luther King Jr's birthday on January 15, 2004. Longville sponsored the flights of 9 youth. Our FAME "family" of partnering agencies, parents and elders attended as well. Together, we presented the Harvest Dance, and took advantage of the opportunity to educate legislators about the health epidemic in the African American community and to motivate them to support the work of the African American 5 a Day Campaign. We later presented a certificate of appreciation to Assemblymember Longville and we too, received a certificate of recognition from the African American 5 a Day Campaign! It was a wonderful experience...one we will never forget!



## Mark Your Calendars!

- ★ **FAME** will share the stage with other cultural performers at the Loma Linda University Healthy People 2004: Spirituality, Culture and Health Conference, Fame will be the featured performers/educators at the Healthy People Banquet: Celebrating Diversity, on March 10.
- ★ **FAME** will be a part of the National WIC Association Meeting in Anaheim. The conference focus is "Food and Fitness: Striving for a Healthy Balance".
- ★ **FAME** is honored and Grateful for the following invitations and opportunities to educate and entertain. Mark your calendars and save the date! You've got to be there as we perform together and demonstrate nutrition education and the teaching of a whole range of life skills through African dance.
- ★ **Tune** in to KCSB Channel 3 to learn more about Food, Fun and Fitness! Segments will air monthly in partnership with the Inland Empire Live Talk Show. And the FAME team will be there, working with other members of the Nutrition Program to promote nutrition and physical activity at home, school, work, and in the community.

# Recipes

## Chicken Vegetable Creole

Serves 6

### Ingredients:

4 medium chicken breast (skinned, boned, cut into 1-inch strips)  
 1½ cups chopped green bell pepper  
 ¼ cup chopped celery  
 ¼ cup chopped onion  
 2 cloves garlic, minced  
 1 cup chopped broccoli  
 1 can (14½ ounces) low-sodium diced tomatoes  
 1 cup chili sauce  
 1 teaspoon black pepper  
 1 teaspoon onion powder  
 1 teaspoon garlic powder  
 ½ teaspoon chili powder

### Directions:

Cut chicken breast into strips. Place in bowl and sprinkle with black pepper, chili powder, garlic powder and onion powder. Spray skillet with nonstick cooking spray and heat over medium-high until hot. Add chicken and cook for 3 to 4 minutes, stirring occasionally. Then add green bell peppers, celery, onion, garlic and broccoli and cook for about 6 to 8 minutes. Add canned tomatoes with juice and chili sauce. Simmer for 5 minutes. Serve over cooked rice or whole wheat pasta.

### Nutrition facts per serving

273 calories	97 mg cholesterol
4 g fat	284 mg sodium

Recipe Source: Myrtis Tracy - Los Angeles Blacks in Nutrition and Dietetics  
 African American 5 a Day Campaign



Eat at least 5 servings of fruits and vegetables every day for good health.





# Fame Question & Answer

**Q.** How do you deal with a child who is a picky eater?

**A.** Get your child involved in meal planning and meal preparation. Serve healthy foods that your child enjoys. Make foods appealing by mixing colors and textures. Gradually introduce new foods and reintroduce these foods as necessary. Set appropriate rules and limits for mealtimes. Be gentle, but firm.

**Remember:** You are responsible for offering a variety of nutritious meals and snacks in ways your child can eat...your child decides what foods to eat and how much.

## Food Rules

- Keep meal times and snack times about the same each day.
- Offer foods first, drinks last.
- If child is thirsty between meals and snacks, offer water.
- If child plays with food without eating it, remove food after 10-15 minutes.
- If food is thrown in anger, end the meal.
- Keep table talk about the day's activities and fun topics.
- Don't comment on food intake.
- Don't praise, reward or punish for food eaten or not eaten.
- Instead of giving food as a reward, read, dance, play, and laugh with your child.
- Don't give food as a present.
- It's OK if your child likes to eat the same food everyday if it's a nutritious food. Just keep offering a variety of foods.

Source: "Children Growing Healthy", California WIC Program



# Fame Play Time!

**Being active every day is an important part of a healthy lifestyle.**

You can be active everywhere...inside, outside, recreational center, YMCA, home, playground, daycare, or work. Need some fun and creative ideas?

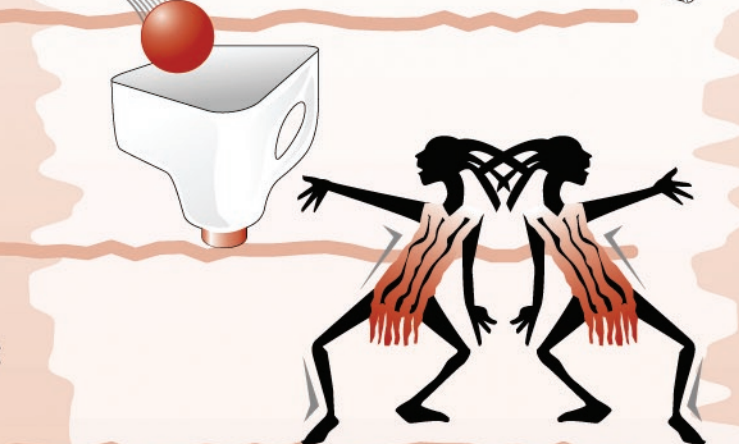


## Try these out!

**Juicy-Crunchy Bowling:** Set up 6 empty frozen juice cans or cereal boxes at one end of a room. Stand at other end with ball and roll ball into cans/boxes. Count the number knocked down.

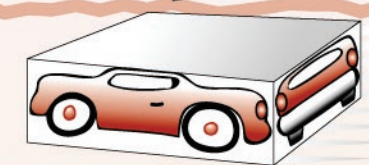


**Scooper Catch:** Cut the bottoms off two empty plastic gallon milk jugs. Tape up any sharp edges and use the "catcher" to play catch.



**Freeze Dancing:** Play music and dance. When the music stops everyone freezes. Start dancing again when music comes on.

**Box Cars:** "Drive" boxes around while crawling on the floor.



Source: "Children Growing Healthy", California WIC Program





# Resources

## Need health insurance for your children?

If you've been turned down for health insurance in the past, or didn't apply because you thought your child would not meet residency requirements, Healthy Kids may be just what you've been waiting for.

### Qualifying is EASY!

- Most uninsured children, up to their 19<sup>th</sup> birthday, who don't qualify for Medi-Cal, Medicare, or Healthy Families, are eligible.
- Family income limits are similar to those for Healthy Families and Medi-Cal.
- The ONLY residency requirement is to have lived in San Bernardino County for 90 days.

*Healthy Kids is made possible through funding by First 5 San Bernardino and IEHP.*



**So if you have a child who needs health insurance, don't wait another day!**

**Call IEHP toll free at 1-866-294-IEHP (4347)/TTY (909) 890-0731.**

*Our friendly bilingual staff will help you apply.*

## Top Flight E.S.O., Inc.

Top Flight's mission is to help at risk youth achieve their maximum potential in areas of academics and athletics. The centers run after school to provide a safe place for youth to play, learn, socialize and be positively directed. Each center offers computer lab instruction, homework assistance, arts and crafts, a game room, field trips and sports leagues. Contact the center near you for more information.

## Johnson Hall Community Center

906 Wilson Street, San Bernardino  
(909) 885-7367

## Waterman Gardens Community Center

402 Alder Street, San Bernardino  
(909) 884-7717

## Bighorn Community Center

921 Bighorn Drive, Barstow  
(760) 252-445

## California State University San Bernardino Coyote Conservatory

468 5th Street, San Bernardino (between "D" and "E")

The Conservatory provides workshops and after-school classes in a wide variety of arts including creative drama, dance, puppetry, acting, improvisation, creative writing, crafts and musical theatre. Activities are offered at very low cost, with a large number of children attending on scholarships.

*For more information contact: James White (909) 384-9430*

## City of San Bernardino Parks and Recreation

## Delmann Heights Community Center

The community center offers a variety of leisure and social activities for all ages and cultural interest such as youth and adult sports, teen and youth clubs, tutoring, arts and crafts, computer literacy and senior nutrition. The center also partners with other agencies to provide specialized services and resources such as ESL classes, teen pregnancy prevention programs, immunization, food distribution and Headstart. The center is viewed as a place to receive current information, as well as a safe and healthy place for children to play.

*For more information contact: Manuel Harper (909) 384-5417*



# Resources



## The Healthy Families Program

*The Healthy Families Program provides low-cost health, dental and vision coverage to children who do not qualify for no-cost Medi-Cal and do not have private insurance. Molina Healthcare is a health plan participating in the Healthy Families Program.*

## Your child's health is important.

But sometimes it's hard to know what health plan you can afford and if your child is eligible.

The Healthy Families Program was created to give quality healthcare to children.

Your immigration status as a parent does not matter. The program is based on your family size and income.

## How do I apply for my child?

Call Molina at 1-800-643-7276 with questions or to request an application. For information from the Healthy Families Program, call **1-800-880-5305**.



**Child Health & Disability Prevention (CHDP) Program**

## Take your Child for a FREE Health Check-up!

*All babies, kids, and teens need to visit a doctor to stay healthy!*

Children without health insurance, or on Medi-Cal may qualify.

*For more information about our services or to schedule an appointment call:*

**1- 800- 722-3777**



**WIC** is a special supplemental nutrition program for pregnant, breastfeeding and postpartum women, infants and children up to the age of five who are San Bernardino County residents.

*For more information call:*

**(909) 387-8301 or (800) 472-2321.**



## The Food Stamp Program

provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

To find out more, contact

**(909) 386-9502, 1-800-952-5253**

or visit the website: **www.fns.usda.gov**



**EAT 5 A DAY**  
for better health  
**AND BE ACTIVE**

[www.ca5aday.com](http://www.ca5aday.com)

**1-888-EAT-FIVE**



## FAME Staff Contacts

Teslyn Henry	Public Health Nutritionist
909-387-0175	
Chahn Chess	Health Educator
909-387-9194	
Bronica Martindale	Community Consultant
909-889-5180	

**Fax (909) 387-6899**



*A message from the Nutrition Program, Department of Public Health, Human Services System, County of San Bernardino. Funds provided by USDA's Food Stamp Program, an equal opportunity provider and employer, helping limited income Californians buy more nutritious foods. For information about Food Stamps, please call 1-800-952-5253*



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